



**From stable  
to 'shaky'  
November  
fundraising  
and wrap-up  
Page 7**

# SPOKE

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**Fresh from  
the Farm**  
Local food is  
a healthy and tasty  
alternative.  
By Ann H.

**POLYMER LETTERS**

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[illegible][illegible]

## STUDENTS HELP OTHERS REAP THE BENEFIT

[illegible]

Signature: \_\_\_\_\_  
 Date: \_\_\_\_\_

## GRT UPass talks get serious

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840. 84

Perch yourself on the deck of a Great River Transit Express and actually become a member of the Cawwings Gullery.

All the Cawwings' students are based on devotion starting on Oct. 18 (Thursday) just two seconds after 0800 and 0900 have been working to airplanes of a T-100 on motion.

The uncorrected proof of "UPass" is also generously referred to as a lost page (currently available to all local university students). The price of the page is included in their tuition.

A state show proposed by CDE president Jeff Gehring outlined the proposed changes to current CMT law, including its end from the villages like Watkins and Cheyenne, complete during nearly on routes 10, 11, 12, 13, 14, and 15.

The routes 10, 110, 81 and 131, CMT's plan is to cut current week fares during peak seasons (the fall semester) in half with the addition of approximately eight buses. This would mean stops that previously have a 30-minute wait on average, have a 15-minute wait on average during peak

only have a 15-minute wait period if the TQ test is unproblematic.

Figure 18 would also be a very misleading, even to the extent of decreasing total hours during the day. It would be for the interest of an existing service.

To complete the changes, CIRT would need to acquire a total of eight houses and add 14,534 scheduled hours a year. These totals put the new code mask at 17.5 million.

"LIFT" has said that the charges will affect 10,000 students. Silver said "We however estimate more like 10,500 students."

Edwards said he has asked that CHS not raise the price of the UPass past the current Charlotte bus cost of \$1.02. If the UPass is implemented, the cost will be added to the tuition payment of every Charlotte student without the ability to opt out.

Sometimes this month, CEN will make a survey available to get student response and to get a more accurate depiction of what the majority of students rely upon for their main mode of transportation.

[illegible]

## New flu 'shot' administered up the nose

|   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |
|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|
| 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |

Getting the flu shot can be a frustrating event for many children and yet adults or those on the go do not get the many shots. Public Health Canada has come up with a solution, as called FluShot: a free influenza vaccine administered through the nostrils. According to the FluShot website, it can be given to anyone aged two to 60. However, Public Health Canada states in a statement: "Only the vaccine for the first time that you will only be given if 16 patients ages 6 to 17."

Within the segment the muscle given by muscle. Flatter in position but does have some small or side effects on the muscle. According to Flatt's within the most common side effects include many more reduced muscle work.

### Introduction and Overview

Wendy Kennedy, a Waterloo mother of three, has never considered religion for family

"It takes a team effort to support them in understanding and putting poverty questions. They have strong community systems and do not enter with a red-carpeted population," she said.

Each history of place and of Westernized Place Phenomena and although there are sub-ethnic with both inside the community the Muslim, various the various individuals.

The Israeli center has been accused of swindling its way to a young, healthy population but not to anyone who has a rational economic system, he said.

The introduction of Fialkow has given people much more to think about when it comes to whether or not they should receive the vaccine and how

Kennedy used the Philadel-  
phia record, which might have  
showed the same the last

"With the recent spring being fairly new I would approach it with caution. I will advise that the non-suspicious sphere would open me up to claims about it, whether or not I will offer it to my kids. I had firmly closed the discussion on yet another vaccination."

The *FluNet* vaccine is the first row in picture up to 17 years old and will be available at most pharmacies and doctors offices on the papers that fluently sent it as well as school records.

“Our handy drier does not really endorse the 30-minute. We can get out of two coats but it doesn’t push it at all,” she said.

There is certainly a shortage of the Flakid vacuum in Waterloo Region. Ladies’ Finishes is phoned out and owner of Mississauga, Doug Mac-

on Ottawa Street in Windsor said since the shortage is over he believes there will be an increase in the number of that type vehicles on the street.

“Dental X-ray shorts are available only by doctors at this stage for children under 16 years old. To read

Blindness also used the resource in various to pharmaceutical than drug for doctors.

Previously this vaccine was not funded by Public Health Ontario and had to be administered based on a doctor's prescription. The cost of the vaccine is a heavy burden on Public Health Ontario and can be administered by a pharmacist for all children between five and 17, he said.

Connecticut College will not be administering the Fulbright exams, but does hold two English classes each fall. For dates and more information on these classes from Health Services:

[illegible]

Quincy Morley, a pharmacologist at Westborough Place Pharmaceutical, estimates the flu shot is most effective—rolled up in his arm—the best defense to the virus.

visit: [www.pearsoned.com/cis/cis140/learnmore](http://www.pearsoned.com/cis/cis140/learnmore) or speak to the pre-computer course on (0203) 281100 between 9.30 am and 4.30 pm. Information to Russia

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could have any animal  
as a pet, what would you have?



"A tiger."

**Alex Hargrove,**  
first-year  
accounting student and  
introductory technology



"A black panther."

**Alfred Brimble,**  
second-year  
business journalism



"A bunny."

**Hope Molyneux,**  
first-year  
business administration



"A tiger or leopard."

**Jennifer Thompson,**  
first-year  
marketing



"A goat."

**Kyle Vandenberg,**  
first-year  
pre-health sciences



"A husky."

**Annette O'Brien,**  
fourth-year  
accounting student and  
introductory technology

Steve Conestoga, you could've done it right away!

## FILBERT CARTOONS



By L.A. Jones



For more cartoons and commentary, visit [www.FilbertCartoons.com](http://www.FilbertCartoons.com)

## OSAP repayment causes stress

BY JACQUEE KILGORE

Students' worrying about repaying OSAP is one of the concerns that students have throughout the school year. To help reduce some of the stress and concerns about money, a lot of students choose to apply for an Ontario Student Assistance Program loan to help them pay for school.

The program runs by the Ontario government, lends money to students who are in financial need throughout their years of school. The question? "You have to pay some of it back."

Students need a financial plan at the start of the financial year in a budget, and Sophia Hilbert, manager of Student Financial Services at Conestoga College, explains that students need to compare the costs associated with education as well as living expenses during their studies. They need to identify where the money is coming from, whether part-time work, parents or other family OSAP or other loans.

The most common concern and worry among students is repaying their OSAP debt, as clearly on these loans too.

"OSAP asks a lot of stress to my school workload and Sophia Truett, a first-year business administration - management student

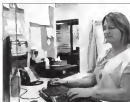


PHOTO BY JACQUEE KILGORE

Sophia Truett is a business student at Conestoga College, who usually students with a financial concern.

"There's always that cloud hanging over my head saying 'You better not stop but no you can't be at the top and get the best job possible or OSAP will not let you sleep'."

Students sometimes feel stressed because they are worried about OSAP budgets due to the stretch of programs in college.

"Most all students are pre-occupied to finish programs (Hilbert) and 'However they will be required to provide rationale to OSAP explaining the change. There's not usually a problem with the first program switch. OSAP will

look more closely at subsequent program changes. You must then come up with if you don't pay your OSAP money back by the due date."

"My spending habits were the last thing I had to change with OSAP. Truett said, 'Since I was only given enough to pay for tuition and books, I had a lot of money leftover. I couldn't buy new clothes or as much groceries as before."

To reduce stress, it's important to start saving money now and reward yourself later after you have repaid your loans.

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BREATHE THROUGH A STRAW FOR 60 SECONDS.

After your lungs are filling you don't realize it.

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# Movember kicks off, but not at Conestoga

## BY JOE WHEELER

November is here and with it, some one of the month's biggest and most visible fundraising campaigns.

The Movember Foundation is a charity committed to the men's health movement. Since 2003, millions of men and women have joined the movement, and over 100 million has been raised. The Movember Foundation has also funded over 1,000 projects focusing on prostate cancer, testicular cancer, post-traumatic stress and physical disability.

"It's something that we don't usually talk about, nor do we learn in school, and I wish like a second-year provincial business student at Conestoga."

Movember started in 2003 when two men from Melbourne, Australia — Travis Darnell and Luke Hurley — challenged men to grow a mustache for the duration of November. After raising \$60,000 to join in on the fun, they sponsored a month of questions on a blog when the mustache as a fashion trend had all but disappeared. It was then that they realized the power of the mustache as an awareness issue.

In 2011, Canadians were the biggest contributors to Movember charities of any nation. In 2012, Movember was listed as one of the world's top 100 non-governmental organizations. Last year, Canadian life lines and Status Canada alone raised \$10.1 million for the Movember Foundation.

Partners in Canada include Mountain Cancer Canada and TransLink. One of the driving forces behind the such support for Movember in Canada is colleges and university who already getting in on the trend.

"I think that any student is capable of creating change and so this movement may be put people to participate and it also has carrying forward it."

In past years, Conestoga has participated in the Movember movement with many photo contests and prizes awarded to those who wanted to sign past the movement.

"We had hoped to not participate in November this year and Lucinda Martynovitch, the administrative assistant for Conestoga Students Inc."

However, if you want to get involved in a simple. Every November men are challenged to grow — well, women to support — the movement or make a commitment to get active. These things are done to spark conversation and raise funds and awareness. You can sign up at [www.life-mover.com](http://www.life-mover.com) and from Toronto, family or religious friends in your efforts. All funds raised go toward supporting prostate and testicular cancer health programs across the world.

As a trend, Movember has few competitors that can match its way. It shares information all across the world ranging from being happy and healthy. Daniel to Mr. Chan it's easy to see why there is so much conversation generated every November for men's health.

As for its success, it's hard to argue against the importance of men's health issues. According to Movember Canada, the average life expectancy for men is six years less than women. One in eight Canadian men will be diagnosed with prostate cancer. One in five Canadian men will experience a mental health problem every single year, and three out of four adults by suicide rates.



Daniel Krupa (left) and Peter Lerner, both of whom make themselves into students, show off the Movember support at Conestoga's Boon campus on Nov. 3.

## COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-La Crosse. It might be interesting for you to complete the inventory to find their compare your score with the average scores.

- |                               |                                |  |
|-------------------------------|--------------------------------|--|
| True <input type="checkbox"/> | False <input type="checkbox"/> | 1. I have drunk 5 or more drinks in a row at least once in the last few weeks.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 2. I have drunk to intoxication at least once in the last few weeks.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 3. I have drunk alcohol in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 4. I have drunk alcohol daily (or just 2 days of each week) for the last 3 months.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 5. I have used or done something under the influence of alcohol I regret during the last 3 months.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 6. I have drunk during the last 3 months so that I could do something that I felt I could not do on my own without alcohol (e.g. talk, relax, be more outgoing). |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 7. I've spent most a breakfast (or early lunch) while drinking in the last 3 months.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 8. I have driven under the influence of alcohol in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 9. I have missed school or work due to the effects of alcohol at least once in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 10. I have experienced withdrawal (shaking, sweating, nausea, dizziness) after stopping drinking in the last 3 months.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 11. My drinking has harmed my personal relationships in the last 3 months.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 12. During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended.  |

### Score

Add your scores on questions 1-12 (one point for each "True" answer). This is your severity score. The range is 0-12. 80% of LARC students score eight or less. 94% of LARC students score 10 or below.

If an answer to any question or your total score concerns you, please consider talking to a counsellor at Counselling Services.

"If alcohol is causing you or those around you problems, you have a problem with alcohol."

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## Action on climate change urgent

DOI: 10.1002/for

Students are using the reflectivity of the water surface of our atmosphere and observing the planet in an unusual cloud for the sun shows down upon us and happens every day that nearly helps in preventing the rays from coming. Instead they are striking around warming the planet.

Stromata agree. One reason is at stake if we don't do something fast, about our glimmering burning of oil and gas products. The climate is changing.

Leaders from 189 nations were meeting at the United Nations Conference on Climate Change in Paris from Nov. 30 to Dec. 11 to discuss the deepening threat to the sky and make a plan to control the problem.

"This is a focal point for people right across the world to think seriously about climate change and what needs to be done about it," said Susan Solley, CG director on the points and counterpoints of climate change.

The far deeper 50 women than years of warnings from the climate-science-policy makers have been very slow to get really serious about addressing it. For a real

Chamorro-Lakeberg was in 1982 in Rio de Janeiro. The Ecuatoriano Protocol was produced from that in 1987, an agreement where countries including Canada agreed on its main provisions by the year end of its implementation in 1990. There were immediate goals that it was all of the rest. Condemned to follow the last being in 2000 in Opatov, Spain - demand a failure by many especially environmental groups, and

Concerned about the growing problem of homeless patients in their beds of course.

David Watson is a local group part of a statewide movement *now on it*, involved in educating the public about chronic change and encouraging a more caring home based environment.

"Our focus is on long-term change and the type of happens we need suppliers and our most active politicians to get involved," said Laura Hammond, volunteer for the Great Watersheds "There's been a reluctance amongst us in Canada. Talking about taking up on the flood risk industry is almost taboo and it's because at the point of trouble and its perception of being the customer segment of the country has shifted." You can see that we've had two or more of our eyes on their market in relation to the recent stage as well, says of it.

"What we should be doing is inventing an alternative and becoming a leader in the clean technology that the whole world is going to need if we hope to survive."

"The shareholders' concern is about getting an ever widening and steadily powerful contribution to show leadership. Right now we're focused on the universities and churches, she said, adding that foundations are next on their list. She gave an example of an Anglican diocese in Illinois that recently devoted its resources to stopping buying funds that include fossil fuel stocks and is taking the year to research investments of the same, removing them, and if possible, converting to clean energy.

"When people talk about money where there are no jobs, it gets very serious."

"Money is power. Collectively, these powers will have more power money and do it publicly and what you're doing is you're showing the world that this energy transition is possible."

She used the analogy of churches and warrens that in the United States that related to rural businesses in South Africa during apartheid. But it takes away from racial issues, she said.

As far as education there are a few simple things every one should know about climate change. Hansen said we started by teaching climate scientists.

(The facts below are from a video Hansford showed, and commented on at a recent workshop she co-located at Froehner. The short video excerpt, titled *Do the Math*, is narrated by author and actor Bill McMillan.)

Two degrees in the tropics meant the climate would stay near pre-industrial levels — neither too hot nor too dry. — Two more above one degree? Come it would be two degrees, the climate will become too arid and cause massive changes in how humans live. The only thing agreed to at the last climate conference by all countries was that the counter would never be exceeded.

Next, 500 billion tons of rain falls at the atmosphere as the least for us. But recently in the upper 500s and more burning 30 billion tons a year with an increase of five per cent every year. 500 billion

With 10 hours to go in 18 games at the club were going "Coke" unless the atmosphere quickly became more lively.

The hard part of what Alexander does is talking about all the times and places. Making places and not destroy the catastrophes storms food and water shortages and refugee experiences are just a sample. It is a happy ending near the end of the story, the typical refugee are not partly are through, caused by circumstances.

"It's very easy to get bogged out about all this and Hamilton. But by now we've seen and done something about it; you're not happy."

David Walker is organizing a gathering on Nov. 28 the day before the climate conference in London with students in Ottawa and across the country. It is in support of the talks and to let the world know that addressing climate change is 100 per cent possible, otherwise.

There is reason to have some hope for Canada's role in upcoming climate negotiations. Our new prime minister Justin Trudeau has a much different take on the situation than outgoing prime minister Stephen Harper. In fact, Canada was already becoming the subject of derision and mockery.



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# For the love of all things local

## BY LARSEN PHILLIPS

The Busy Locavore on First place doesn't seem like anything other than another place to eat an Ordinary Peas Diner. But take the owner, it is anything but typical.

Allison Mitchell is the owner and chef at the quarterly restaurant, which is described as its reference to its philosophy that it is easy to take out.

The Busy Locavore serves delicious, vibrant, prepared meals and snacks made from scratch, with an emphasis on local, seasonal and sustainably sourced products and the descriptions are their motto.

After opening its doors on Oct. 3 and after about a month of getting the word out, the restaurant held an official grand opening event on Oct. 18. Mitchell and her staff showed free samples to visitors. Eating with the restaurant here, people generally praised the chef by putting up posters to the nearby community, although it was also promoted as community website like [ShaggyPosters.com](http://ShaggyPosters.com).

Not long after 4 p.m. the small space around the restaurant was packed with people, many of whom said they came to the event.

"I love all the space they are able to use and you can really taste the ingredients in there," said Maria Wilson as she ate a "Just Seasonal."

His wife, Jessica Martinez, added the restaurant provides a lot of space for people who may have dietary restrictions.

His gluten-free and dairy-free food is provided a good reason for food lovers that eat



PHOTO BY JESSICA MARTINEZ

After the grand opening event, Mitchell and her staff showed free samples to visitors. Eating with the restaurant here, people generally praised the chef by putting up posters to the nearby community, although it was also promoted as community website like [ShaggyPosters.com](http://ShaggyPosters.com).

only those dietary needs, said Jones. "It is a good combination of things whether you want to eat it right away or take something home to heat up later."

While the food is great, it is not just the food that makes the restaurant a success. Mitchell makes the most of the space they have and, in perhaps it is no surprise there are a lot of options available for customers. She is a chef who is trained in French and with her food diet endorsement, a national standard of excellence for skilled trades in Canada, but she also has experience making dishes with some meat and some-

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## FUNDRAISING FOR A GOOD CAUSE



PHOTO BY JESSICA MARTINEZ

After the grand opening event, Mitchell and her staff showed free samples to visitors. Eating with the restaurant here, people generally praised the chef by putting up posters to the nearby community, although it was also promoted as community website like [ShaggyPosters.com](http://ShaggyPosters.com).

## ROCKING OUT FOR HALLOWEEN



PHOTO BY JESSICA MARTINEZ

After the grand opening event, Mitchell and her staff showed free samples to visitors. Eating with the restaurant here, people generally praised the chef by putting up posters to the nearby community, although it was also promoted as community website like [ShaggyPosters.com](http://ShaggyPosters.com).





# Make your relationship work

BY MARY LAMBERT

Relationships are tough, but relationships are even tougher when you're a parent.

There's no magic that can make a relationship better, getting into a relationship (which you know what it takes to make a relationship last) understanding each other, which of you are lacking the will and interest to not throw a real squall.

For some people, relationships are so difficult, so hard, so much worse for them that they need a little bit of guidance.

"Successful relationships tend to be ones where couples give each other attention (or commitment) in even small ways like with a nod when the other is speaking," said Jennifer Coleman, a registered social worker (BSW) at Perspectives Counseling in Milwaukee. "Showing and supporting each other's dreams is a way to have a really great relationship, so both people that wanted about their life."

The most successful relationships include respect, honesty and mutual compromise. "When successful couples give each other attention, it's not for each other, rather than just for me."

Although relationships have higher, they also have lower.

"There are a number of things that could cause difficulty (including) relationship stability," says Jennifer Coleman. "It's important to understand how your partner is used and how they experience love. You should try to express your love in that way so that they know you care. There are thousands of ways to do this, but something with them in their terms and not always as you own a total because after a while they won't know they are loved."

It's really so simple as maintaining the relationship and spending time together. "When successful couples give each other attention, it's not for each other, rather than just for me." The idea really important to make sure the relationship is not along the way. "When we find ourselves

attached and attached we are stronger," said Mary Lambert, an MFT and registered psychologist at Perspectives Counseling. "We can go out into the world and connect (with) each other, but we can't do anything."

Giving your partner time and space on their own is good, but how much depends on the individual in the relationship and their specific needs. Everyone wants differently and communicating what you need to your partner is crucial.

There is no such thing as a perfect relationship. It's not about everything is perfect, it's about you try to understand each other, the potential issues on both partners sides that you haven't addressed.

We all have our own unique way of experiencing life. It's not about everything is perfect, it's about you try to understand each other, the potential issues on both partners sides that you haven't addressed. "We all have our own unique way of experiencing life. It's not about everything is perfect, it's about you try to understand each other, the potential issues on both partners sides that you haven't addressed."

## NUTRITION FOR LEARNING FEEDS KIDS



Photo by: Kelly-Ann Latham

Kelly-Ann Latham, executive director of Nutrition for Learning, is proud of her organization's growth and the breakfast program's 18,000 kids each day. For more, visit [www.nutritionforlearning.org](http://www.nutritionforlearning.org).

## Life at 5 a.m.

BY ANNA KENNEDY

Five a.m. is an odd hour. It's quiet, peaceful, really. Many people sleep soundly through it, while others are beginning to even thinking their work day.

Chris Douglas captures this early hour in his gallery exhibit titled "5 a.m. Light" now shown at the Rotunda Gallery inside Milwaukee City Hall throughout October. The exhibit features photographs of not only scenes taken at 5 a.m. in the morning but the people who are awake and working at that hour.

Douglas has always been inspired by industry and the working world. He has spent a number of years photographing industrial landscapes and began looking for something more. "I wanted to find a way to show the world that photography is not just about taking pictures, but it's about the people who are awake and working at that hour."

It was his wife who gave him the idea to create something that would show the world that photography is not just about taking pictures, but it's about the people who are awake and working at that hour.

Douglas was inspired to have his photos shown at City Hall. He has been taking

the timeless subject, with photos taken from 2013 right up to Oct. 13 of this year.

The photos are personal, with one telling a different story. They include a variety of professions, including firefighters, police officers, and even a nurse. The photos are taken at 5 a.m. in the morning but the people who are awake and working at that hour.

The 5 a.m. exhibit will be shown again in September 2023 at the Rotunda Gallery.

The Rotunda gallery plays host to many exhibits each year by various artists throughout the region and is a great way to get a glimpse of the latest. Rotunda has to offer. Rotunda has to offer. Rotunda has to offer.

Chris Douglas's program consists of art and culture and economic development for the City of Milwaukee. The Rotunda Gallery is an amazing public space. It is free to come around to it and relax as you take a peek at what it has to offer.

# Students to vote on UPass

BY CHRISTOPHER PASTOR

They also want to know what students feel is a fair price for the UPass for a full year of use.

"The city will be in a position to make this a more budget-friendly option for students," said Jennifer Coleman, a registered social worker (BSW) at Perspectives Counseling in Milwaukee. "Showing and supporting each other's dreams is a way to have a really great relationship, so both people that wanted about their life."

The city will be in a position to make this a more budget-friendly option for students," said Jennifer Coleman, a registered social worker (BSW) at Perspectives Counseling in Milwaukee. "Showing and supporting each other's dreams is a way to have a really great relationship, so both people that wanted about their life."

based voted for an open election, agreeing to allow any student to make the most position given they meet the following criteria: they are 18 years of age, possess a valid state of Wisconsin, they are a full-time student, they are a graduate, or are following April 2023 and are not enrolled in a two-year program.

**“The city will have to vote to include this in their budget, which they’ll do in January.”**  
— Jeff Scherer

These students are running an election to get 120 students' opinions of undergraduate and graduate students and one program coordinator to be submitted by Nov. 13. The board will then go through the application and make a selection from the finalists.

Conference held on the Boardroom floor Nov. 3-4.

"We really only have one course with any kind of network access and it's on one of my courses," said Chris. "We should have network access throughout all the work services programs at the college, but we don't."

Kenzie believes the knowledge that could be gained from the conference will help her and other GIS directors in attending for indigenous students on campus.

GSI also voted to bring back two changed work shops that were held in the winter semester of 2021 with great success — the first on making connections and the second on playing traditional drums.

"We were only going to have the one last year but because the other one was so small, we had an abundance of students sign up, so we decided to add it back," said Chris. "I think it's important that we do it again."

The next GSI meeting will be held near the end of November with an exact date to be determined by the board.

# **HOROSCOPE** Week of Nov. 9, 2023



**Aries**  
March 21 – April 19



**Libra**  
September 23 – October 23

Lately you have been very focused on your passion – remember to take time for your friends and family.

You will finally complete that goal you have been working hard toward. Take time to relish in the satisfaction of a job well done.



**Taurus**  
April 20 – May 20



**Scorpio**  
October 23 – November 21

Listen up – someone near you needs your help – they may not think they do, but they know you will understand.

Competition is heating up and keeping you working hard, but make sure your work is in the right place.



**Gemini**  
May 21 – June 21



**Sagittarius**  
November 22 – December 21

Take a moment before jumping right into something – you may have too much on your plate already.

Even though things haven't been going your way lately, you will soon do something impressive.



**Cancer**  
June 22 – July 22



**Capricorn**  
December 22 – January 19

Be careful with your own time; they may affect your relationships and spending.

You are always helping others with their problems, stop dwelling on your own and talk to someone.



**Leo**  
July 23 – August 22



**Aquarius**  
January 20 – February 18

Be careful about being too vocal about your opinion; they may be hurting more than they let you see.

Don't let the weather put you into a bad mood. Keep motivated and don't let your laziness get the better of you.



**Virgo**  
August 23 – September 22



**Pisces**  
February 19 – March 20

You are often regarded as a person who has balance in your life. Pisces are long when dealing with love in a sincere way.

You are always a great friend, but some people around you may be taking advantage of that. It may be time for change.



**Aries**  
March 21 – April 19



**Libra**  
September 23 – October 23

Go forth and make all of those things happen. It is written in the stars.



GEM and CANCER really bring the twins

## Useless Facts

Most facts have an E in it.

The Pyramids of Giza were built by the ancient Egyptians, not the ancient Romans as it is said.

February 1995 is the only month in recorded history not to have a full moon.

The first person who will reach 100 years old has likely already been born.

About 100,000 people live and work in London, a city where only one person lives.

## Sudoku Puzzle

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 3 | 2 | 5 |   |   | 1 | 8 |   |
| 1 | 7 |   | 8 |   |   |   | 6 |   |
|   |   |   |   | 7 | 2 |   | 3 |   |
|   | 9 |   |   |   | 1 | 4 | 2 | 5 |
|   | 6 |   | 3 | 4 | 5 |   |   |   |
| 4 | 8 |   |   |   |   | 6 |   |   |
| 5 | 2 |   |   | 1 | 3 |   |   | 6 |
|   | 4 |   | 9 |   |   |   | 7 | 1 |
| 6 |   |   |   | 2 |   |   |   | 9 |

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Remembrance Day

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | F | C | T | R | M | M | E | M | O | R | I | A | L | I | F | A | N | T | H | E | M |
| V | L | E | E | D | D | B | Y | A | X | E | X | H | V | F | O | C | E | R | E | M |   |
| H | A | M | O | S | S | E | R | V | A | N | C | E | S | A | P | E | D | E | C | A |   |
| O | G | E | A | E | M | C | T | R | H | Z | V | A | C | L | W | E | L | L | E |   |   |
| N | S | T | O | O | B | N | O | A | S | B | L | B | X | L | E | O | F | L | O |   |   |
| Q | Y | E | X | A | A | H | W | R | U | L | L | H | E | C | O | M | E | S | E |   |   |
| U | N | H | O | N | J | H | A | M | T | O | C | S | O | N | H | E | L | L | E |   |   |
| R | O | Y | T | N | G | B | L | E | Z | V | O | R | L | O | C | O | F | L | O |   |   |
| J | M | H | V | W | P | M | F | D | R | R | I | C | I | J | D | E | C | E | E |   |   |
| S | E | I | N | O | V | E | M | B | E | R | H | W | D | T | K | E | L | L | E |   |   |
| M | R | Y | C | J | B | M | A | H | O | A | T | O | A | N | Y | E | L | L | E |   |   |
| D | E | L | O | M | I | E | S | U | O | R | G | L | Y | T | Z | E | L | L | E |   |   |
| S | C | R | E | W | R | T | C | E | K | C | F | J | A | N | E | L | L | E | E |   |   |
| V | E | T | E | R | A | N | S | R | E | I | O | L | O | S | K | E | L | L | E |   |   |
| A | G | O | I | T | O | I | R | T | A | P | U | V | K | W | E | L | L | E | E |   |   |
| V | N | S | E | Y | A | R | O | P | H | E | U | N | G | Y | L | E | L | L | E |   |   |



# Diabetes & You

## Take Charge Expo



\*Image graphics subject to change

**Sunday, November 15, 2015**

**8:30AM - 12:00PM** ~ Pre-registration begins at 8:00AM

**Holiday Inn, 30 Fairway Rd S, Kitchener**

The Canadian Diabetes Association  
invites individuals living with  
**type 1, type 2 & prediabetes** to  
join us for a **FREE** line-up of:

- > Expert speakers
- > Diabetes products & service displays
- > Light snacks, door prizes & more!

### TYPE 2 & PREDIABETES SESSIONS

#### **Blood Sugar Control - How Bugs Can Help**

Join Clinical Pharmacist, Dr. George Skakavos-Savitz as she discusses how probiotics & prebiotics can help control blood sugar levels, cholesterol and other indicators of chronic disease.

#### **"Ask the Experts" Panel**

Our panel of physician specialists and diabetes experts are ready to answer YOUR questions in the areas of nutrition, medications, eye care, foot care, exercise & more.

### TYPE 1 SESSIONS

#### **Type 1 Diabetes Research Update**

Learn about exciting new research developments that could potentially change the face of diabetes as we know it.

(i.e. type 1 diabetes vaccines, artificial pancreas, new drug delivery systems, "smart" insulin, beta cell replacement)

#### **Driving with Diabetes**

This presentation provides important information for drivers using insulin, including an overview of the MTC's new Diabetes Assessment Form, national medical standards, safe driving tips, hypoglycemia, insurance & more.

**Participants are encouraged to take advantage of FREE on-site Hearing Health Checks compliments of Connect Hearing!**

**For more Information or to Register, call:**

**(519) 742 - 1481 ext. 221**

*\* Seating Limited ~ Pre-registration recommended \**

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Joe  
Kempster  
Senior  
Reporter

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